

Happy Thursday to all my Detroit Arsenal Teammates!

Nothing new to report today other than one service impact regarding CAC appointments. Details below.

SERVICE IMPACT:

CAC/ID/DEERS. The CAC office is transitioning to a new scheduling website starting May 1. We understand that the old RAPIDS scheduler should temporarily redirect you to the new site. We appreciate your patience while this transition is occurring. Also we are only operating one office at this time, as the Stutesman family welcomed a new baby.

I would also like to take this opportunity to give a big "Shout Out" to Linda Plauman. She has been operating that sole CAC office during this pandemic, and in the face of all this adversity is working hard to keep the wheels on for us in ID land. Thank you Linda for keeping on top of all these changes and making it work!

<https://rapids-appointments.dmdc.osd.mil>

Updates to follow as they become available.

NEW RESOURCES:

MICHIGAN DEPT OF HEALTH AND HUMAN SERVICES:

FAMILY WELL-BEING GUIDE:

The MDHHS has developed the "Family Well-Being Guide," a new resource with information on how everyone can support children, parents and other caregivers during the COVID-19 emergency. It also provides statewide resources available to families who might have concerns about food, housing, mental health, finances or safety.

https://www.michigan.gov/mdhhs/0,5885,7-339-73970_71692_71696-527559--,00.html

WARM LINE:

The MDHHS has launched a "warm line" to connect residents that have persistent mental health conditions with certified support specialists. The specialists all have personal experience with behavioral health issues, trauma or personal crises. They are trained to support and empower "warm line" callers.

Calls to the warm line are free and don't require insurance. Peer support specialists answering the phones can offer referrals for outreach and assistance as a way to prevent extreme emotional distress.

Phones will be answered from 10 to 2 a.m. seven days per week at 1-888-PEER-753. Anyone living with persistent mental health challenges including anxiety, depression and trauma are encouraged to call.

Anyone in a personal crisis or considering suicide should call the Disaster Distress Helpline at 1-800-985-5990 or the National Suicide Prevention Lifeline at 1-800-273-8255. Both are open 24 hours a day, seven days per week.

We are getting ready to see great weather this weekend, and while I don't want to spoil it, I challenge you to maintain your discipline in your cleaning and distancing practices. As a team, we have been doing well, so I encourage you to keep up the good work. We care about your health and safety, so have fun and use appropriate caution.

Have a great weekend all.

Sincerely,

Carrie

Carrie Mead
Acting Garrison Manager
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